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# Foreword

For centuries, spiritual precepts have pointed us to the heart and soul as the source of wisdom, truth, peace, and eternal life. We call it the heart and soul because these deeper realities are felt most strongly in the region of the physical heart.

But, the spiritual heart and soul isn't limited to a location in your body. The heart and soul is the totality of your connection with the crucial qualities and greater dimensions of your true nature as limitless existence. Any full exploration of the bigger truth of your existence must include a discovery of the capabilities and qualities of this tender, loving, and wise aspect of your true nature is a pointing beyond the experience of the Heart and its wisdom, peace, and love to the possibility of acknowledging these essential qualities as who and what you are.

The heart and soul with all its joy, satisfaction, peace, love, and wisdom isn't simply something you may experience more totally; it's what you've always been and always will be. In realizing your true nature as this fullness of existence, you may ultimately rest from worry about worldly possessions.

## ***Eternal Life and You***

***Nourish your soul for all things eternal and reduce your attachment to all things temporal.***

# Chapter 1:

*Wiseness*

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## Synopsis

The truth opens up the heart and soul. This capability to sense the truth is something we all already bear. We all have a heart and soul that's already precisely showing us how true matters are.

Anything that places you in touch with more of the reality opens up the connection to the spiritual. Once your experience is imparting more truth, there's a sense of opening up, softening, easiness, enlargement, fulfillment, and gratification ...



## **Connecting With Self Instead Of Stuff**

This may be most directly felt in the core of the chest, but the heart and soul of all existence is infinite and consequently in reality bigger than your whole body.

So this opening up, softening, and enlargement is in reality happening everywhere; we simply sense it most clearly and directly in the core of the chest.

Once you meet truth, the sense of your self opens up, enlarges, softens, fills out, and relinquishes. The sense of your world is no longer felt to be so confined or little. It gets to be more complete and limitless. The limits soften and fade away, and any sense of deficiency, limit, or deficiency is decreased or annihilated.

As a side effect of becoming in touch with more of the truth, your brain gets quieter as you merely have less to consider. Even acknowledging a simple truth like where your keys are provides you less to consider.

And once you touch on a real big truth, your brain becomes even stiller, like once you view the sea for the first time: The reality or truth you're looking at is so vast that at least for a minute your brain is stopped and gets really quiet.

In direct contrast, once your experience is getting into a decreased or smaller experience of the reality and of truth, the heart and soul narrows.

The sense of your world becomes tight, firm, compressed, and feels incomplete, limited, and restricted. It may feel like you're little, inadequate, or despicable.

The smallness of the reality is reflected in the littleness of the sense of your world. The result of being less in touch with reality is that your brain gets busier as it attempts to work out what is real.

As luck would have it, your existence is never belittled or contracted, only the sense of your self. Even as cutting your view of the whole room by partly covering up your eyes makes your sensation of the room littler without really making the room littler, an thought or notion that's not really true is mused in a small sense of your self, without really limiting or condensing your existence.

Drill: Take a minute to sense your heart and soul. This may help you get more in touch with what is occurring there. Mark if the heart and soul feels comparatively compressed or comparatively open. In either event, your heart and soul is working absolutely to show you the degree of truth you're getting in this instant. There's no wrong way for your heart and soul to react. It's forever showing you the relative truth of this instant.

Truth is what subsists, what is current now. So, if what subsists is likewise what's true, then there's only truth. Whatever is current is true—but to variable degrees.

Just as there's no actual matter or energy that's darkness, but simply altering amounts of the power of light, there's no untruth or falsity, only changing degrees of the truth.

Our heart and soul openness or lack or receptivity in every instant is what shows us how much of the truth is being received in any minute.

What about ideas that are misguided? If you entertain the thought that you'll never be content unless you have 1 million dollars, your heart and

soul will contract fittingly to show you that it's simply an idea. This contraction might be really quick, so quick that it doesn't cause you any irritation or hassle. But if you truly feel this, then the sense of your self-command condense for as long as that thought is held.

Drill: For just a minute, hold onto a confining idea like, "I'll never have adequate time" and note the response. Does this idea let you relax and be, or does it call for a sort of effort or compression simply to hold it? Now think about a different thought that you find absurd as it's so untrue like, "I'll never be happy unless I become president of Microsoft." Note how it may even be inconceivable to hold onto this idea. It may even make you laugh.

Many confining ideas are true, but only as ideas. As these ideas subsist, they've some reality to them, but the existence of something simply as an idea is a really small existence indeed.

In the range of daily experience, our thoughts have variable degrees of correspondence with truth. Those that agree more closely to reality won't constrict or limit the sense of self for as long as erred ones.



# Chapter 2:

## *Beliefs*

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### Synopsis

A lot of beliefs and suppositions shape and limit our experience of life and connecting and the sense of our self even when we're not consciously considering them. They're thoughts and concepts that are so deeply trusted that they're not even questioned, like "life is short" or "I have to have more money." Moreover, these notions and assumptions render other thoughts, which add to the momentum of thinking and keep your heart and soul, the sensation of your self, little and compressed.



## **How We Think**

Beliefs strongly shape the experience of your world. The first is the belief in a management to your life. Commonly this management is towards more, dissimilar, or better experiences; but occasionally it's framed in contrary terms as not less, equal, or not sorrier.

In either event, there's a profoundly held notion that life ought to move or shift in a specific way. Naturally, things do shift, which keeps the hope alive that they'll change in the way you wish them to.

This profoundly held assumption that matters may or ought to be better connotes a little you. The directivity of this assumption is based on a point of reference: matters ought to be better—for you.

If matters ought to be better for you, then you have to be lacking something. This supposition and the thinking it returns help maintain a little, compressed sense of your world as that's the implied point of reference of the presumption—a small you.

The 2d even more bass and less witting belief that serves to maintain a compressed sense of self is the presumption that physical experience is the most genuine. This is such a widely held supposition that any other predilection may get you pronounced demented.

Even really sensitive and spiritually-oriented individuals who have had really true and profound experiences of additional dimensions are

frequently pulled by this premise back toward the physical into a more confined experience of reality.

There are a lot of dimensions to truth besides the strictly physical, and as a human, your experience admits all of these dimensions. There are the dimensions of ideas, emotion, and hunch. And on the far side of those, are dimensions of complete presence.

A lot of these dimensions are more actual than even physical truth. Experiences of this surpassing reality provide a surpassing sense of your self that's much broader and more perfect than the strictly physical sense of your self.

These 2 beliefs—the principle that your life may or ought to be better and the thought that physical truth is the most actual—vivify an even more basic supposition: that you're the core of reality.

Your sense of your world, and consequently the experience of your existence, is most frequently shaped and limited by your identification with the core of reality, which results in the ongoing question, how is it going for the core of reality? Is it better, more enjoyable, or leastways not painful right now?

This orientation towards the core of reality is not bad, but it's a limited way of feeling reality and your world. It's like seeing only one channel on your TV: It's something, but it's confined.

This limitation may impact each experience you get. By centering on how it's going for your core of reality, you may miss some of the richest and most fundamental possibilities in life. The largest truths might not even be particularly well-situated for your core of reality. Profound states of love and blissfulness may be wearing from a purely physical position.

Inquiring what you may do about this limitation will only reward it. A different hypothesis is to explore the sense of restriction that identification with the core of reality gives to your awareness and your heart and soul.

Drill: What is it like to trust you're the core of reality right now? Does this let your gist open and relax? Or does it lead to a small sense of your self? With the credit of the incompleteness of identifying with the core of reality, a bigger curiosity often comes up: What else is real about you? Are you more than the core of reality? What additional channels are there on this TV called your life story? What else is happening here?

Under the assumption that you're the core of reality is an even deeper one. The idea that you're the core of reality is predicated on the presumption that you exist, that you are a self—a separated, individual self.

The most familiar sense of your self is frequently this sense of me, which is a confined and incomplete perception of your self. It doesn't let in the far reaches of your greater equaling. This sense of a disjointed me isn't bad or wrong; it's simply confined and incomplete.

In the middle of a really profound and big experience of reality, the sense of your self may get so big and inclusive that it no longer has much of a sense of being your existence.

Once you wake up to the unity of all things, the sense of me may reduce quite dramatically. If you're the couch you're sitting on and the clouds in the sky and everything else, then it merely doesn't add up to call it all me. If it's a great deal more than what you commonly take yourself to be, then the term me is simply too little.

What is your sense of self like today? What is true today?



# Chapter 3:

## *Love*

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### Synopsis

Anything you or anybody else has ever accomplished has been the drive of love. What shapes this drift of love is the sense of me. What we're forever doing is attending of the self, whether it's a little sense of self or a more extended one. If that sense of self is compressed and small, we mind that me. And when it's enlarged, we mind that bigger sense of self.

All we have ever executed is to take care of the self in the best way we understand how, which is always a loving act.

However, naturally, when our actions solely take care of a constricted me, they don't take care of or allow for other things. For instance, we may take care of our taste-buds, but not our entire body. Or if we're so identified with a notion that all we may do is see it, we might not be minding our entire existence. Taking care of only the taste-buds or only the emotions is yet a loving act, but because it's such a narrow-minded way of loving ourselves, it may be neglectful or even adverse to other aspects of our existence.

## Opening Up

We may be afraid that if we see love in everything it will mean we'll allow for assault, murder, and other dreadfully narrow ways of taking care of a small disunited sense of me to continue.

It's possible to realize the love that's already inside of us and already working through all of us. It's in realizing that love that the possibility exists for even better recognition of love.

On the contrary, when we decline any aspect of love—which includes anything that's occurring—the more constricted our experience will be and the less totally loving our actions will be. So, in condemning, we in reality become more like what we condemn.

Being is taking care of self and connecting with a higher power. This leads to a gratitude of everything you do and everything that happens—an appreciation of the way existence moves each time it moves. Love is pouring out everywhere. There's no evidence of the lack of love. What a surprise to find this in a domain that appears so full of issues and matters that need to be changed.

In this culture where more is felt to be greater, there's frequently an implication that greater truths are better. If your heart and soul can open and enlarge, then it might seem best to find a way to open it all the way and keep it that way.

If your gist is forever connected to a higher power and accurately and appropriately opening or contracting to show you how real each moment's perspective is, then the best outcome of experiencing a small truth is for your heart and soul to contract and show you how little that truth is.

There's never a need to have a greater or smaller experience, as existence is still existence even in the little experiences. Its nature is the same, and part of its nature is this capability to separate how true—how complete—a specific perspective is.

True freedom is when you may move in and out of recognition with a small sense of your world. You don't need to take my word for it. Discover what occurs in your heart and soul if you simply let the opening and closing of your sense of self be merely the way it is today.

Perhaps you may rest now from the dream of experiencing and having everything.



# Chapter 4:

## *How To Connect With The Temporal*

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### Synopsis

Make acquaintances with the angels, who while invisible are forever with you... Frequently call them, and make great use of their help and assistance in all your temporal and spiritual matters.

We're forever in the company of angels whether we decide to acknowledge them or not. They're forever by your side, guiding and protecting you whether you decide to believe in them or not.

Connecting with your angels may be a very rewarding and spiritually fulfilling experience. I'll demonstrate you how you may become closer with your angels, associate with them and gain knowledge, insight, protection, guidance and/or emotional solace from that association.

## **Reaching Another Dimension**

The beginning step in connecting with your angels is to make time for this to happen.

- Take a couple of minutes out of every day to connect, communicate or simply thank your angels for being there.

Don't worry if nothing occurs at the start, you're already doing the most crucial part and that's acknowledging that they're there.

As angels are the higher powers messengers and helpers and they see you through eyes of unconditional love and will be there for you night and day with their soft and loving guidance.

- Once you wish or require help from your angels, all you have to do is merely ask.

Nothing you do, state, think or feel may ever make your angels depart your side.

- So, after you have set aside some time to associate / commune with your angels discover a hush space and center yourself by taking a few long and deep cleansing breaths.

Void your mind and simply clear the space for breathing, in through your nose and out through your mouth.

- After you feel focused and fully in the here and now, envision a bright white or golden light filling you and encompassing you with its amazing aura.

Simply shut your eyes and picture a loving light softly ascending upon you and filling each part of you with the feeling of unconditional love.

- When you're in this heightened awareness state say a prayer (it doesn't have to be an elegant prayer) simply an uncomplicated and personal request asking the higher power to watch over and guide you and to assist in the association between you and your angels.
- Likewise ask your angels to surround you.

Take note of any feelings or sensations you acquire, as well as any personas, sounds, or thoughts that come to you. These may be your angels attempting to reach you.

- Ask your request or question, or ask for the counsel or assistance you want or need.

Your angels are there whether you see them or not and all you have to do is ask and they'll react in their own way. A few might be through a whisper, or an idea, or perhaps something in nature as a butterfly or bird flying.

- Be cognizant of any signs, ideas, feelings or sounds that come to you, as these may be your answer.

Your angels might communicate with you in a lot of different ways, including; through dreams, happenstances or synchronicities, thoughts, ideas, aspirations signs in nature (like birds or butterflies), with books, particular songs, number sequences, strangers or even individuals you know. So keep an open mind over the course of the following few days and you'll most certainly find something of an answer.

- Once you feel you're finished with your angel time make sure to thank your angels and let go of the result.
- Don't place any expectations on what you ought to or wish to hear, feel or see.
- Trust that you'll get the assistance or guidance you require, even though it might come in unexpected ways.

You may make certain that it's from your angels and will know you're getting guidance from the angelic realm when the messages are full of love or are loving in nature, if they're repetitive, and consistent.

What is most crucial is our intention once calling upon them.

Connecting with your angels is truly very easy. Your angels love to celebrate each moment that you're making a conscious attempt to connect with them.

They wish you to call on them for any reason or state of affairs, even if it seems little to you.

They welcome the chance to prove their existence to you, again and again; again and again. Begin now to build a growing relationship with your angels (or any of your spiritual guides and assistants) and observe your life become better in each way and you'll see the wonders and miracles blossom.



# Wrapping Up

Perhaps the experience of eternal life and connection with other than temporal things doesn't need to be captured. This is something we may also unfold gradually in stages like a meal or novel that we slowly savor instead of rush through. We are and always have been recognizing the truth even when we experience only a little part of it.

The fullness of existence is likewise revealed in the small truths that comprise our lives.

Existence is never harmed by the limited perspectives we go through. Being isn't dependent on any specific way of sensing your self nor even on the absence of a sense of self.

Existence is already resting inside the endless opening and closing of your heart and soul, so you may as well savor the ride.